

~ HOW TO BREAK FAST ~

The Day Before You Fast: Best is to not eat meat of any kind the day before fasting. Also do not overeat the night before. Try and take a comfortable, light meal with sufficient carbohydrate. (Note: The fasting period is from sunrise to sunrise.)

Precautions: An important point to be aware of is that by doing a 24-36 hour dry fast - i.e. without water – then by its completion the body becomes somewhat dehydrated and is in a delicate and sensitive state. In that case, if one breaks the fast in an abrasive or hasty manner then not only will you be unable to derive the many benefits of the fast but it will create harm to the body.

Only persons in very good health and with good energy should fast without water. Sick persons and people in mediocre health should observe fasting taking plenty of lemon juice and water.

The Need for Water: Another key point is that after a dry fast, upon completing the fast-breaking process described below, sufficient water is then needed to properly restore the body and help it reach that pristine state. Water is an indispensable part of the functioning of the body and since the human body itself is comprised mostly of water (60% or so), naturally an adequate amount of water must be taken.

About cleaning of the digestive tract: Since birth, if you have never done the procedure described below, then your digestive tract has never been empty, and never been cleaned. Everything needs to be cleaned periodically, and the digestive tract is no exception. It goes on accumulating all sorts of residue and toxins, and needs to be fully cleaned out regularly.

Say one is fasting on a Monday. After having normal shaoch (clearing of the bowels) Monday morning and not eating anything all day, one may think that by Tuesday morning the digestive tract is empty. However, it will be an eye-opening experience to find out what actually comes out in the process of cleaning the digestive tract that Tuesday morning as per the below guideline.

Even after fasting, digested food & waste material remain in the colon (i.e large intestine) and small intestine. Sufficient water is needed in order to deliver a proper and thorough cleansing of the intestines - as well as the entire digestive tract.

Furthermore, it is well known that water is one of basic ingredients for the functioning of all the organs. After fasting a sufficient amount must be taken to compensate for the deficit. And as discussed below, water is needed in order to flush the waste from the body. So on both these accounts, and for other reasons as well, the body needs an adequate amount of water on the morning of breaking fast.

Point of Awareness: Two, or even three glasses of water is not nearly enough for the breaking process. On breaking fast morning the digestive system should first be cleaned thoroughly-- from top to bottom-- with lemon / salt water. Then fresh water should be taken to re-hydrate and then solid food can be taken, not beforehand.

BREAKING THE FAST ITSELF-- A "HOW TO" PROCESS

Be sure to budget 2-3 hours for completing the following process. If it is your first time, give yourself 3 hours. It will take a minimum of 90 minutes; for most people it takes 2 – 2.5 hours. But the first time, best is to give yourself more time so there is no rush and you can take your time.

1. Squeeze ¼ or ½ of a lemon or lime into a bowl.

(The size of the bowl should be least 1 liter. Be sure that the individual cells of the lemon or lime are broken to maximize the juice. You can repeatedly poke a knife into the open face of a lemon or lime before squeezing the lemon or lime into your bowl. That will help bring more juice.)

(The bowl/container/bottle you use should be made of steel or glass or ceramic; not plastic.)

2. Add 1.5 or 2 teaspoons (flat not heaping) of salt to the lemon / lime juice and mix. (Note: Some people need less salt, as explained further down. Any salt will work; black salt many find to be more pleasant to drink.)

3. Add 1 liter of warm water. (If you add hot water then leave room to add cold water from the sink.)

4. The lemon salt water mixture should be distinctly salty to taste-- but not overly salty. If your mixture is not sufficiently salty then little by little more can be added. And if really it is already too salty then simply dilute your mixture by adding more warm water.

(Please be aware: Too much salt will invite nausea and even vomiting – you will be able to recognize this immediately by the taste; too little salt will not allow you to break the fast properly: you will urinate instead of defecate. This salt solution will be eliminated from the body in the next hour or two, so there will not be much of a lingering effect of all this sodium.)

5. Drink this 1 liter of lemon salt water mixture. Not in one gulp per se, but in a series of comfortable sips and swallows over the course of a few minutes or less, without bloating the stomach. Be careful not to take too much time.

6. After finishing this initial round of salty lemon water, walk around for a few minutes-- either in the fresh air or indoors. *Do not remain in a seated position.* At a minimum, stand up; best is to walk around.

7. You may gently stretch the upper body by raising the arms on the inhale and then exhaling and gently bending to the side. And repeat by bending to the opposite direction. This gently helps to hasten the cleansing process. Do not sit down and remain still as that will severely hinder the process of digestion and clearing.

8. As soon as you feel ready drink the next round of salt water, prepare it this time without lemon: 1.5 or 2 flat teaspoons of salt, then add 1 liter of warm water.

(Note: It is important not to wait too long between rounds. As soon as the stomach feels comfortable one should again drink. A good guideline to use is 1 liter every 30 minutes. So in one hour you will have taken 2 liters of this salt water; in 90 minutes you will have taken 3 liters of it. If you are ready for the second liter before 30 minutes is over, that is fine. But be sure you feel like the stomach has emptied a bit and has room for more water. If that is not the case, walk around for some time and the stomach will clear and you will feel ready to drink more.)

9. After the second round, be sure to walk around and bend the torso side to side. Remember, do not sit down or remain still as that will severely hinder the process of digestion and clearing.

10. If you do not have a strong urge to go to the bathroom yet, continue to walk and drink warm water with salt added as described above. Lemon is not needed after the first liter.

11. By this process of drinking & walking, a strong urge will come to go to the toilet-- you will feel this urge between 1/2 hour to one hour after you have begun to drink the lemon-salt water. Note: if you urinate first it means that not a sufficient amount of salt was used. But really for most people 2 teaspoons of salt per liter of water for the first two rounds should work fine.

12. Initially, a very strong smelling brown waste matter will be released. Thereafter more and more solids and liquids will be released via the rectum. This will also be brown at the beginning. But do not worry that you have been stricken with a severe case of diarrhea. This is the initial stage of cleaning out the digestive track.

13. In this process of cleansing one might visit the toilet between 3-5 times, or more. Or you may go

less frequently but sit for longer periods. Do not suppress the urge, when the impulse comes go straight to the toilet. (Note: For those who use toilet paper, repeated use of paper during this process may cause irritation. Using water to cleanse is preferred: it is more gentle, and far more effective in cleaning the anus and surrounding area. Fill a bucket of water and use a designated dip cup to pour water down the backside.)

14. The waste material will turn from brown and somewhat solid to yellowish and liquidy until finally being a completely clear liquid – just like plain water, having no smell or color. Once completely clear liquid comes, be assured the entire digestive tract is clean-- including the intestines, colon, and stomach etc.

15. Depending on the person, it will take from two to four litres of salted water to complete this process of defecating & clearing the digestive tract. At that point, switch over from drinking a salted mixture, and take one litre of pure fresh water without any salt. This fresh water will help hydrate the body and aid in the cleansing process. Drinking 1 or 2 liters is quite helpful – both for clearing and re-hydrating.

16. In sum: your cleaning process is complete when what is coming out into the toilet has no color, no odor, and contains no particulate matter. When you see it, it should appear as clear water with nothing in it. And having achieved this state of perfect cleansing of the digestive tract, you have then taken at least one liter of plain water for re-hydration. At this point the entire process is complete.

17. By this thorough process of cleansing a very light and healthy feeling will consume the body. One will feel very happy, fresh, and energetic.

18. Within ten to twenty minutes a slight feeling of hunger will come. At that point, you may eat 2-3 ripe bananas, depending on the size. The bananas should be soft and ripe-- not green and hard. Be sure to wait until you feel hunger to take the bananas. If you still feel full from the water and do not have hunger, walk around some and the water will quickly pass from the stomach and hunger will come.

19. After taking a few bananas-- be careful not to overeat or fill the stomach completely-- wait approximately 5 -10 minutes.

20. When strong hunger comes, take some easily digestible food—like other sorts of fruits, and then well (overly) hydrated rice and vegetables (kichuri), or whatever is conveniently available. Do not take heavily spiced or oily food, or processed food. Avoid eating too much dry food like bread, or acidic food like pasta. Aim for more simple food: like soups and kichuri. After having taken all that salt in the cleaning process, this is a good time for a new experience: food without added salt. There is

no nutritional need for adding salt to food, and on this day if you take your food without salt, you may find that you like it! This way you get the true taste of the vegetables and grains themselves.

21. Throughout the day, care should be taken to continue to drink plenty of fresh water in small amounts, but not at the same time as eating. This will help ensure the solid food gets digested properly and it will also keep the body hydrated. Avoid processed beverages.

TAKING PROPER CARE

One should also keep in mind that breaking fast is a highly individualized process. One should be gentle, have sufficient time, and listen to one's own body. This is a very important and a delicate subject; be sure to take proper care to see what works for you. It gets easier and easier each time you do this. You are always welcome to call or email me with questions (or send via WA).